Vancouver metro

TUESDAY, OCTOBER 13, 2015

WHAT'S SO FUNNY ABOUT TUESDAY?

FIND OUT TONIGHT ON CBC

RICK MERCER REPORT

8pm

THIS HOUR HAS 22 MINUTES

8:30pm

YOUNG DRUNK PUNK

9pm

RAISED BY WOLVES

9:30pm

Congratulations to our 2015 Community Fund partners

Bell is pleased to announce the 55 recipients of the Bell Let's Talk Community Fund for 2015.

Every year, the Bell Let's Talk Community Fund awards $1 million in grants to community-based organizations working to increase access to care for Canadians living with a mental illness. Launched in 2011, the Fund has now provided $5 million in grants to more than 270 grassroots groups in every region of Canada, each making a real difference in the mental health and wellbeing of their communities.

In September, we renewed the Bell Let's Talk mental health initiative for a further 5 years and increased Bell's total financial commitment to Canadian mental health to at least $100 million.

To learn more about the Bell Let's Talk Community Fund and how to apply for a grant in 2016, please visit the Community Fund section of bell.ca/letstalk.

2015 Bell Let's Talk Community Fund Recipients

Atlantic Wellness Community Center

Association Bénévole Amitié

Association canadienne pour la santé mentale – filiale du Bas-du-Fleuve

Association Lavalloise de parents et amis pour le bien-être mental (ALPABEM)

Canadian Mental Health Association – Cariboo Chilcotin Branch

Canadian Mental Health Association – Simcoe County Branch

Canadian Mental Health Association – Winnipeg Region

Canadian Mental Health Association – Vancouver Fraser Branch

Carrefour jeunesse-emploi d'Abitibi-Est

Centre périnatal Le Berceau

Centre St-Pierre

CIPTO-LAB (Centre d'intervention et prévention en toxicomanie, point de service le LAB)

Children's Health Foundation

Communauté Nazareth

East Hants Family Resource Centre

Elizabeth Fry Society of Ottawa

Entraide Saint-Michel

Fédération des familles et amis de la personne atteinte de maladie mentale (FFAPAMM)

Fondation de l'Université de Sherbrooke

Fondation Marie-Vincent

Fondation Portage

Fondation Sainte-Croix/Heriot

Inuit Tapiriit Kanatami

JEVI Centre de prévention du suicide – Estrie

Joseph Brant Hospital Foundation

Kindercare Foundation

La Fondation de ma vie

L'Arrêt-Source

La Maison du Père

Lanark County Mental Health – Perth and Smiths Falls District Hospital

Le Pont de Rouyn-Noranda

L'Envolée, ressource alternative en santé mentale

Lutherwood

Maison L'Éclaircie

Maison L'Éclaircie de Montréal

Malvern Family Resource Centre

Mental Health Association of Yukon

New Path Youth and Family Services

Newfoundland and Labrador English School District

Nexus Youth Services

Northern Ontario School of Medicine

Okanagan Boys and Girls Clubs

Ontario Shores Foundation for Mental Health

Parents' Lifelines of Eastern Ontario

Parkdale Activity-Recreation Centre

PECH

Schizophrenia Society of Alberta

Schizophrenia Society of Ontario

St. Michael's Hospital

Suicide Prevention Resource Centre

Take a Hike Youth At Risk Foundation

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Vancouver metro

BOYS IN BLUE COMING HOME

JAYS WIN BIG IN TEXAS

metroSPORTS

Your essential daily news | TUESDAY, OCTOBER 13, 2015

High 14°C/Low 8°C Cloudy

Democracy draws crowd

Vancouverites hit polling stations at the Roundhouse Community Centre in Yaletown on Oct. 12. EMILY JACKSON/METRO

SOME VOTERS WAITED FOR UP TO 2 HOURS IN ADVANCE POLLING metroNEWS

One year on, family awaits probe results

PETER DE GROOT

Investigation of fatal police shooting ongoing

A year after a B.C. man was shot by police on Thanksgiving, his family is still waiting to find out what exactly happened.

Peter de Groot was killed on Oct. 13, 2014, after a confrontation with police in the small community of Slocan, in southeastern B.C. He fled into the bush near his property, prompting a days-long manhunt.

RCMP alleged de Groot shot at officers before fleeing. The force told media the 45-year-old man was known to police and should be considered armed and dangerous.

De Groot's family denied he was a threat, saying he had no history of violence or run-ins with the law.

The case was turned over to B.C.'s police watchdog, which reviews police handling of incidents that result in death or serious injury.

De Groot's family issued a statement Sunday saying they have yet to see any details of the investigation.

"We are still waiting on any results of the investigation from the Independent Investigations Office of B.C. Our perspective and our position on the matter remains unchanged," the family said in a statement issued by their lawyer, Don Sorochan.

Sorochan said in an email that the family has not made a decision on whether or not they will file a lawsuit and that they are waiting on the IIO's report into all the facts and circumstances of de Groot's death.

The agency is waiting on reports about some elements of the probe before the chief civilian director decides whether any of the officers involved may have committed an offence, IIO spokesman Marten Youssef said in an email. THE CANADIAN PRESS

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metro NEWS

Your essential daily news

The impact of federal parties' promises on voters' wallets **Business**

Volunteers rush to rescue on Thanksgiving Sunday

GROUSE MOUNTAIN

Crews hurry to wounded hiker as daylight begins to fade

Emily Jackson
Metro | Vancouver

Ten minutes after North Shore Rescue put out a call for volunteers for an urgent medical rescue on Thanksgiving Sunday, crews had abandoned their turkey dinners and were waiting at the base of Grouse Mountain.

Twenty volunteers showed up to help rescue a 30-year-old female hiker who sustained significant face and throat trauma, and potentially spinal injuries, after falling about five metres on Goat Mountain around 4 p.m., team leader Mike Danks said Monday.

"That's a really good response for a Thanksgiving weekend," Danks said.

Crews only had two and a half hours of light left. Luckily, the hiker fell near one of the team's gear caches, so they were able to travel lightly and reach her quickly. The weather also co-operated, so the aircraft crews could spot her location and do a long line extraction with the helicopter around 5:45 p.m.

"It was a quick response," Danks said, thanking Grouse Mountain for holding the tram for crews, Talon Helicopters and Metro Vancouver staff.

North Shore Rescue conducted two operations on Sunday, adding to a record year of calls. NORTH SHORE RESCUE/FACEBOOK

North Shore Rescue crews conducted two rescues on Sunday, adding to what has been a record year of rescue calls for the volunteer-run organization.

In this case, the hiker did nothing wrong and was prepared, Danks said, but fell victim to an unfortunate circumstance.

But that is not always the case. Danks is reminding hikers to research a hike's difficulty level before they go, bring the right gear, tell someone the planned route and the expected time of return and not rely on cellphones in case of emergency. (Satellite devices are available at outdoor gear stores.)

"It's the same message every time," he said. Even if it's a short hike, bring a flashlight, water, food, a first-aid kit and extra clothes.

North Shore Rescue continues to raise money for the Tim Jones Legacy Fund. It hopes to raise $6 million to ensure it can keep operating as it gets busier and busier. It recently received a $20,000 donation from developer Marcon, which increased the legacy fund to about half a million dollars.

IN BRIEF

Fisherman finds body near Fulford Harbour

Salt Spring RCMP have launched an investigation after a fisherman discovered a body in the waters near Fulford Harbour on Saturday evening.

Police have identified the dead man and notified next of kin but say his name will not be publicly released until the BC Coroners Service is ready.

The cause of death is still unknown. METRO

One dead, three sent to hospital in boat crash

A 30-year-old man is dead after a boating incident in the Kootenays, according to the RCMP.

Mounties say the Creston and Kaslo detachments were called to Kootenay Lake, near Riondel, on Sunday over reports that a boat had struck a rock.

Emergency responders treated one person for his injuries, but he died at the scene. The three remaining people were taken to a nearby hospital. METRO

CORRECTION

Conservative candidate described incorrectly

In a story published in the Oct. 9th edition of Metro, Elaine Allan, the Conservative candidate in Vancouver Centre, was incorrectly described in a headline. In fact, she is a former coordinator with the WISH Drop-in Centre. Metro apologizes for the error.

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Freight and air tax ($100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. † $4,000 is a combined credit consisting of $1,000 Owner Cash (tax inclusive) and a $3,000 manufacturer to dealer cash credit (tax exclusive) for a 2015 Cruze (except LS 1SA) which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $3,000 credit which will result in higher effective interest rates. 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FEAST FACTS
• 2,500 pounds of turkey
• 800 pounds of mashed potatoes
• 800 pounds of stuffing
• 700 pounds of vegetables
• 300 litres of gravy
• 600 pumpkin pies

GIVING THANKS MORE THAN TEN MILLION MEALS SERVED AT UNION GOSPEL MISSION A volunteer serves up a plate of hearty turkey dinner at the Union Gospel Mission at 601 East Hastings Street on Monday. In total, UGM served more than 3,000 meals this Thanksgiving at three locations in Vancouver and New Westminster, carrying on a holiday tradition that has seen the organization serve 10 million meals to families and people in need over 75 years. ANDREW TARAN/UGM

Advance voters face long lines

ELECTIONS CANADA

Turnout jumps, leaving many voters in line for hours

Emily Jackson
Metro | Vancouver

An extra day of advance voting and dozens of additional polling stations in B.C. didn't stop long lines from forming at polling stations across Vancouver over Thanksgiving weekend.

Advance voter turnout jumped 16 per cent from 2011, with an estimated 2.4 million people casting ballots in the first three days of advance polling compared to 2,077,000 votes in the previous federal election, according to Elections Canada.

And that doesn't even count Monday's votes.

But reports suggest local voters continued to hit the polls on the holiday, with some citizens waited up to two hours to cast a ballot at advance polls from East Van to Yaletown to the West End.

Long lines persisted even though Elections Canada offered four advance voting days instead of three for the first time in a federal election and increased the number of advance polling stations in B.C. to 602 from 544, Elections Canada B.C. spokeswoman Dorothy Sitek said.

> **Higher voter turnout signals change... they really want to vote.**
> Green Party Coun. Adriane Carr

There's a bottleneck at polling stations because the Elections Act is "very prescriptive," Sitek said. It stipulates the poll clerk must write down each voter's information and the deputy returning officer must give them the ballot – and there's no wiggle room to open up another desk to speed up the process.

Elections Canada statistics show that historically 80 per cent of people vote on Election Day, Sitek said, although it appears there's increasing demand for more flexibility on when to vote.

The higher turnout and resulting lines resulted in mixed reviews from people exercising their democratic rights.

"I don't think it was the best organized system this time," Vancouver's lone Green Party Coun. Adriane Carr said Monday.

She arrived before the doors opened at noon and was surprised that no one was allowed inside to wait out of the rain, including a senior citizen with mobility issues who required a seat. (Someone eventually brought her a chair.)

But Carr was thrilled to see 100 people in line by the time she was done casting her ballot.

"For me, my heart soars with that because usually higher voter turnout signals change," she said. "I think that people are being patient enough to wait means they really want to vote."

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Biohacking in pursuit of superhumans

SCIENCE

Method uses shortcuts to amp up muscle and mind

There's no visible lump, but Nikolas Badminton has a microchip the size of two grains of rice implanted between his left thumb and index finger. Scan his hand with a smartphone and vital personal identification details appear.

The Vancouver resident says he lives life as an experiment — and the unconventional accessory was his initiation into a growing and global movement called "biohacking" that's taking root on the West Coast.

"I've weighed out the risks and I've weighed out my personal motivation for doing it, and then I do it," said the 42-year-old, who's been a futurist for two decades.

The silicon chip was inserted while Badminton was on stage in front of 120 people in June 2014, in his bid to advance thinking about enhancing the capabilities of the human body.

That's what biohacking is all about, using shortcut methods to amp up muscles, minds and everything in between in the pursuit of building superhumans.

> **I'm not scared about doing these things, to push myself forward.**
> Nikolas Badminton

Biohacking activities range from mild, such as taking vitamin supplements, to more invasive body augmentation with hardware, to extreme genetic modification.

Some people embed radio-frequency identification tags in their skin to unlock doors or secure the data on their laptops. A California man injected a chlorophyll-like substance into his eyes earlier this year and briefly gained night vision.

In British Columbia, hundreds of people curious about tinkering with biological processes are joining Do-It-Yourself community science laboratories to conduct experiments.

Sixty people turned out for a meeting last winter to support the creation of Vancouver's first lab, and membership has skyrocketed since the Open Science Network was incorporated as a non-profit society in June.

THE CANADIAN PRESS

Riding: Vancouver Granville

ELECTION 2015 For the next two weeks, Metro will look at ridings across the Lower Mainland to find out what candidates say are the biggest election issues and why people should vote for them.

ON THE RECORD Metro asks candidates

ALSO RUNNING:
Michael Barkusky, Green

Candidates' comments have been edited for space

Erinn Broshko – Conservative

What is the most important issue in your riding?

The most important issue in the riding of Vancouver Granville is the economy and the importance of small businesses to our community. That's why I support the Conservative government's 2015 budget, which helps our job-creating small business owners by reducing their tax rate from 11 per cent to 9 per cent by 2019. This will put an additional $2.7 billion into the hands of small businesses.

Why should people vote for you?

As an entrepreneur, businessperson and lawyer, as well as a husband and the proud father of three young boys, I understand the opportunities and challenges of people living in Vancouver Granville. I want to bring to Ottawa the depth of experience that I've gained from running businesses and getting things done. I care about our community, this is where I call home.

Jody Wilson-Raybould – Liberal

What is the most important issue in your riding?

There are a number of related issues: renewed federal investments in everything from transit to health care, addressing affordability and focusing on a strong and diversified economy balanced with environmental protections.

Why should people vote for you?

As a strong local voice and experienced leader, I am a proven bridge-builder who works with others to resolve difficult issues. A lawyer by trade, I have served as a Crown Prosecutor at the Main Street courthouse in Vancouver, and have more than 10 years of elected experience, most recently as the Regional Chief of the BC Assembly of First Nations.

This riding is diverse and cosmopolitan, and in many ways a reflection of Canada. It deserves an experienced voice. Together we can build a government that listens to its citizens and seeks to engage, not neglect.

Mira Oreck – NDP

What is the most important issue in your riding?

The issue I consistently hear most about on the door is affordability in Vancouver. Whether I'm talking to seniors, young people, families or professionals, they all tell me it's getting harder and harder to get ahead, or even make ends meet. The NDP has a plan to address these issues, including a federal minimum wage of $15 an hour, a $15-a-day national child-care program, increased home care funding for seniors and a national pharmacare plan, and major new federal investments in housing, infrastructure and transit in Vancouver.

Why should people vote for you?

I grew up in Vancouver Granville, and have worked in this riding for much of my adult life. A vote for me and for the NDP is a vote for a progressive government that cares about opportunity. Tom Mulcair and I have the experience and the plan.

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Riding: South Surrey-White Rock

ELECTION 2015 For the next two weeks, Metro will look at ridings across the Lower Mainland to find out what candidates say are the biggest election issues and why people should vote for them.

ON THE RECORD
Metro asks the candidates

Candidates' comments have been edited for space

Dianne Watts - Conservative

What is the most important issue in your riding?

There are two issues of equal importance in this riding: rail safety and crime safety.

Rail safety and its relocation has been a pressing issue for residents of this riding. I plan to work together with all levels of government and advocate on their behalf. Crime and Public Safety has also been a pressing issue in this riding, and the Conservatives continue to be committed to communities across the country.

Why should people vote for you?

For me, politics has always been about public service and how to make a meaningful change in people's lives. For the last 10 years, I have dedicated my time and efforts to making Surrey a better place. I have focused on infrastructure investment, reducing taxes, and ensuring that Surrey has the proper social programs to help our city grow. If elected as your Member of Parliament, I will ensure that South Surrey–White Rock's voices will be heard in Ottawa.

Judy Higginbotham - Liberal

What is the most important issue in your riding?

The most significant issues facing voters in South Surrey-White Rock are: inadequate federal leadership on transportation; seniors issues generally, but especially social infrastructure and health care; and financial stresses facing young families. The most pressing truly local issues are also related to transportation — namely the relocation of the BNSF Railway tracks from White Rock and the current proposal to open under-utilized Surrey port facilities on the Fraser River and convert them into a transfer point for thermal coal coming from Wyoming.

Why should people vote for you?

Judy Higginbotham has been actively involved in the South Surrey-White Rock area for 40 years and has spent 25 years on Surrey City Council. She is campaigning on the ideal fit between the infrastructure commitments that are made only by the Trudeau Liberals and by the suitability of the Canada Child Benefit for young families in the area.

Larry Colero - Green

What is the most important issue in your riding?

The biggest issue facing every riding in Canada is erosion of representative democracy. We need to bring back constituent representation in Parliament, allowing elected representatives to vote freely on local issues. In our riding, people are concerned about the trains. Train safety, the proposed shipment of thermal coal from the U.S., and hazardous goods shipped along unstable slopes with no advance notice for emergency response teams. These concerns relate directly to the federal government.

Why should people vote for you?

Others may promise, but the Green party is the only party with a firm and long-standing policy allowing their MPs to vote freely. If elected, I will be free to put my conscience and my constituents first. I would also take on overarching national issues like restoration of Canadian democracy, Canada's increasing militarism, and climate change.

ALSO RUNNING

Pixie Hobby, NDP
(Did not respond by Metro deadline)

Bonnie Hu, Libertarian

Brian Marlatt, Progressive Canadian

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Group seeks apology from Stoner

TROPHY HUNTING

NHL D-man charged after killing bear

The case of an NHL player charged in the death of a grizzly bear has become a rallying cry for a British Columbia group against trophy hunting.

About a dozen members of Bears Matter gathered outside provincial court in Vancouver on Friday before a court date for Anaheim Ducks defenceman Clayton Stoner.

Stoner is charged with five counts under the provincial Wildlife Act, including two counts of knowingly making a false statement to obtain a hunting licence, hunting out of season, hunting without a licence and unlawfully possessing dead wildlife.

The bear, which local residents had named Cheeky, was killed in the Great Bear Rainforest on B.C.'s central coast in 2013.

Bear Matters member Barb Murray said a growing number of people are against trophy hunting and that Stoner's case should draw attention to the practice.

"We really need to make this case stand out above the others so that Premier (Christy) Clark cannot ignore our petitions, cannot ignore our letters and cannot ignore our voices," she said.

Records from the Environment Ministry show dozens of charges in 2014 related to hunting without a licence and unlawfully possessing dead wildlife.

However, few other cases have been in the spotlight.

"Clayton Stoner, he's recognized internationally, he's an NHL hockey player, he makes millions of dollars," Murray said. "He's supposed to be an example of what a sportsman (embodies). And he's not."

Stoner has never denied the hunt, which sparked debate two years ago when pictures published in a Vancouver newspaper showed him holding a grizzly's severed head.

Stoner, who is from Port McNeill on Vancouver Island, defended his hunting trip with his father, an uncle and a friend after the photos were publicized.

"I grew up hunting and fishing in British Columbia and continue to enjoy spending time with my family outdoors," he said in a September 2013 written statement, adding he would continue those activities in the province.

THE CANADIAN PRESS

Riding Profile: Surrey Centre

ELECTION 2015 Metro looks at ridings across the Lower Mainland to find out what candidates think are the biggest issues and why people should vote for them.

ON THE RECORD

Metro asks the candidates

Candidates' comments have been edited for space

Jasbir Sandhu – NDP

CONTRIBUTED

What is the most important issue in your riding?

Crime has been an ongoing issue in our community and since my election in 2011, I have been advocating for a balanced approach that includes both enforcement and prevention. I tabled a motion calling for long-term, stable funding for proven youth gang prevention programs and this is something that I will continue to advocate for. The NDP has also committed to train and deploy 2,500 new front-line police officers across Canada. Creating a safe community is integral to the success of small business and for families to thrive in our city.

Why should people vote for you?

As the Member of Parliament for this area since 2011, it has been my priority to be accessible to the residents of North Surrey and to be their voice in Ottawa. I have held town halls and community meetings, knocked on doors to speak to my neighbours about the issues that are important to them, and maintained an open door meeting policy. I have lived in Surrey for 35 years and am raising two children in this city.

Randeep Sarai – Liberal

CONTRIBUTED

What is the most important issue in your riding?

From the thousands of conversations my team of volunteers and I have had with residents of Surrey Centre throughout the last few months; the one issue that keeps coming up is the crime and safety issues that have plagued our community.

Why should people vote for you?

I'm proud of the fact that I was part of the team that helped raise awareness and lobbied for the creation of the Gang Task Force here in British Columbia. I will commit to establishing a crime and safety task force with all stakeholders, including provincial, municipal and law enforcement agencies within 60 days of being elected to help clean up our community and make Surrey a safer place for our families. This task force would also include participation from grass roots community organizations.

Sucha Thind — Conservative

CONTRIBUTED

What is the most important issue in your riding?

Surrey Centre has faced a long battle with crime and drug-related violence. Constituents in the riding have told me that they want a safer community and security for their families and children. Public safety and gang-related violence are the most important issues that the residents of this area face. The government has already proved that they are committed towards tackling this issue.

Why should people vote for you?

People should vote for me because I know first-hand the concerns and worries of Surrey residents. After spending the last five months knocking over 20,000 doors on a daily basis, I have a vested understanding of what constituents see as a priority in this riding. Constituents want a strong economy, they want well-paying jobs, lower taxes, and they want business to thrive in Surrey. I have spoken to many seniors who enjoyed the benefits of income splitting. I have knocked on the doors of young families who truly appreciated the benefits of the child tax benefits provided by the Conservative government.

ALSO RUNNING

Jeremiah Deneault, Green (Did not respond by Metro deadline)

Iqbal Kahlon, Community

Kevin Pielak, Christian Heritage

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Red tape separates mom, tot

IMMIGRATION

Daughter's South African papers denied here: Woman

Thandi Fletcher
Metro | Vancouver

A B.C. mom says she was separated from her two-year-old daughter for two months when Canadian immigration officials repeatedly denied the South Africa-born toddler entry to Canada.

Susan Standfield, a fifth-generation Canadian citizen who was previously living in South Africa, hoped to move her family back to Canada and start building their lives with her parents nearby in Gibsons, B.C.

But she said her family is now living on different continents, trapped in a bureaucratic nightmare which began, she claims, when she was given incorrect information from Canadian citizenship and immigration officials in South Africa.

Susan Standfield of Gibsons holds two-year old Meg. CONTRIBUTED

"I feel like I've been violated," she told Metro. "I feel like I've done something wrong. My child has rights and they're basically being violated."

Two months ago, Standfield moved back to B.C. and accepted a job with a Vancouver-based communications firm. Her husband Robert Spooner, who is a British citizen, planned to follow with their two children, four-year-old Jack, who is also a British citizen, and Meg.

> **My child has rights and they're ... being violated.**
> Susan Standfield

She said Canadian officials in South Africa told her she would need to apply for a temporary visitor visa for Meg, who has only her South African citizenship.

But that visa application was denied because Canadian officials rejected her daughter's South African birth certificate, she said.

Now after two months of trying to get her family to Canada, Standfield said she is losing hope that her daughter will be allowed into the country any time soon.

In retrospect, she said she wishes she had submitted citizenship applications for her children earlier, but said she was under the impression they could do so any time before they turned 18.

"I was never in a rush for them to be Canadian citizens," she said. "I didn't realize the barriers that would go up. It's a really confusing, broken system."

In the meantime, Standfield said she and her family are struggling with being separated.

"It's awful," she said. "She's only two. She can't really communicate yet but she is definitely being affected. My husband said she won't let go of him anymore."

Citizenship and Immigration Canada could not immediately comment on the case due to privacy concerns.

Riding: Surrey-Newton

ELECTION 2015 Over a two-week period, Metro is looking at ridings across the Lower Mainland to find out what candidates say are the biggest election issues and why people should vote for them.

ON THE RECORD

Metro asks the candidates

Jinny Sims – NDP

CONTRIBUTED

What is the most important issue facing your riding?

Surrey-Newton is a diverse community that has all the pressures and advantages of a modern, suburban city. The people and families that live here want their community to be more livable. That means safer neighbourhoods and better transit, and it means a more affordable life for families.

Why should people vote for you?

I am a strong advocate for a community that is largely ignored by the Liberals and Conservatives. I have fought hard to re-unite families, expose the abuses of programs that step over young Canadians who need jobs and demanded government make good on its promise to make our streets safer.

Sukh Dhaliwal– Liberal

CONTRIBUTED

What is the most important issue facing your riding?

Families and specifically family reunification is the major issue. It provides security, continuity, opportunity and safety.

Why should people vote for you?

Surrey has been my home for over 20 years. My family has grown up here, my business was started here — it is the centre of my livelihood. I am committed to the future of this community that has given me so much. If elected, I can assure that I will work hard to be Surrey-Newton's voice in Ottawa and effect real change for the community.

Harpreet Singh – Conservative

CONTRIBUTED

What is the most important issue facing your riding?

The biggest issue in Surrey-Newton is gang-related crime. Gangs are impacting our youth with the lure of "easy money" and trafficking in drugs. The Conservative government launched the National Anti-Drug Strategy focusing on enforcement, prevention, and treatment. Already, 52 new RCMP officers are on the ground in Surrey. We have provided $3.5 million in funding to the Surrey School District to work with at risk youth. Liberals and NDP would roll back the government's Respect For Communities Act, which gives police, families and residents a say whenever there is a proposal to open a drug injection site.

Why should people vote for you?

I have worked as a journalist for over 23 years; studying issues and particularly the concerns of the diverse communities in Surrey. As small-business owners, my wife and I understand the role the federal government can play in the economy by cutting red tape and keeping taxes low. Our children in high school and post-secondary school face the same challenges of our youth in Surrey today. I will meet regularly in town halls with my constituents and together we will build a safer vibrant community in Surrey-Newton.

Also running:

Pamela Sangha, Green party (Did not respond by Metro deadline)

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Photo courtesy of Amanda Todd Legacy Society

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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Moderator Laura Payton, left, and panellists Alejandra Bravo, Katherine Hensel, Kate McInturff and Angela Robertson participate in Up For Debate, a forum on women's issues held in Toronto on Sept. 21. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Saying 'women's issues' needs to go

ROSEMARY WESTWOOD
Metro

If there's one thing every woman can agree on, it's a distaste for the term "women's issues."

The phrase has all the modernity of a knitted doily.

But it has been used over and over again in this election — by politicians, by activists and by ordinary women heading to the polls.

One of the most surprising things about talking to young voters these past few weeks is how often I heard that phrase. From a university student in Alberta, from a small-business owner in Ottawa, from women who I expected would emphasize other things, job prospects in the case of the former, or tax policy in the later.

Instead, almost every woman in my small sample size told me "women's issues" was top of their voting list.

Then, most of them told me how much they hate this term. Regardless of their political affiliations, their reasons are the same: Why segregate things important to half of Canadians into some kind of niche market? Why mischaracterize family issues, like child care, as belonging somehow only to women?

The answer has to be: we're stuck.

We're stuck somewhere in between the old sexist construction of society, and some new place of equality.

One very articulate and persuasive young woman told me structural sexism in Canada has all but disappeared, but I can't agree.

"Women's issues" is an ill-named talking point in this election precisely because, though it feels sometimes that we live in an equal society, statistically, we do not.

I won't repeat all the numbers. You can look up data on the pay gap, gender ratios in government and business leadership, violence against women, and access to housing.

You can learn about the racial implications of all of the above.

Of course, those who would argue that we don't need to advocate for women have a point: Things are different these days.

And if I only looked at my own life, which has been blessed in a multitude of ways, I would probably agree that women and men are treated equally. (I found out otherwise only after telling one feminist professor in university that "feminism is dead")

Many things keep me hopeful. A women-only surfing competition in Tofino. Feminist-themed ads for Ronda Rousey's next UCF fight. Take also this conversation among pre-teens gushing about their future on a streetcar, as overheard by a friend.

"I'm going to do good in high school, and go to the University of Guelph, and then work in a lab so I can pay for my dorm!"

"I'm going to have a house with TWO cars!"

"I'm going to go to college and have four dogs!"

"I'm going to live in MIAMI!"

Still, like other women I've talked to ahead of this election, I would vote on a "women's issues" ticket if I could.

But no party is offering it. Some have nodded in its direction while forming their main message around your money (Liberals and NDP), some have ignored it altogether (Conservatives). Elizabeth May is (unsurprisingly) by far the most impassioned, articulate and committed to addressing inequality, but she runs a party created to respond to environmental issues, and she will not be our next prime minister.

Even the laudable Up For Debate effort, which saw every leader but Harper interviewed on women's issues, will hardly change the election outcome.

For it to do that, we'd have to stop using the phrase "women's issues" altogether. We'd have to see gender inequality as a generally Canadian problem.

The usefulness of such an antiquated phrase proves that we need to work harder to make it obsolete.

If we don't find a new way of talking about it, the next election will be no different.

QUICK GUIDE: 'WOMEN'S ISSUES'

Here's a breakdown of campaign promises and legislative measures from the **NDP**, **Liberals** and **Conservatives**.

CHILD CARE	ECONOMIC EQUALITY	VIOLENCE AGAINST WOMEN
NDP: • Would honour Universal Child Care Benefit. • Would create $15-a-day national child care program. • Would create a million child-care spaces.	**NDP:** • Would introduce a 50% female quota for boards of federal organizations. • Introduced a bill that resulted in removal of tax on feminine hygiene products.	**NDP:** • Would invest $40 million over four years to restore cuts to women's shelters. • Called for a national inquiry into murdered and missing aboriginal women.
Liberals: • Would introduce a tax-free monthly Canada Child Benefit for families with children and annual income below $150,000.	**Liberals:** • No legislation or campaign promises	**Liberals:** • Called for a national inquiry into murdered and missing aboriginal women.
Conservatives: • Increased Universal Child Care Benefit to $160; added monthly benefit of $60 for children age six to 17. • Introduced "income splitting" for couples.	**Conservatives:** • No legislation or campaign promises	**Conservatives:** • Pledged to combat crimes against women via strict enforcement and stiff prison sentences.

CAMPAIGN MOMENTS

A little selfie-indulgence

Liberal Leader Justin Trudeau poses for a photo with a supporter in Ottawa on Monday; meanwhile, NDP Leader Tom Mulcair gets in on a group selfie in Maple Ridge, B.C. Whose turned out better? That's for the Instagram commenters to decide.

PAUL CHIASSON/THE CANADIAN PRESS; RYAN REMIORZ/THE CANADIAN PRESS

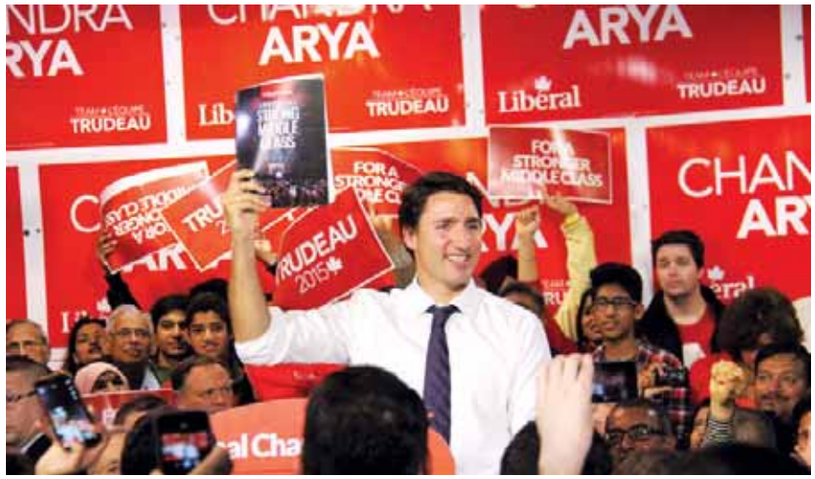
LATEST POLL **LIB 37%** **CON 31%** **NDP 23%** Source: Forum/Toronto Star

Trudeau fires back at Harper

ELECTION 2015

Liberals go for middle class with promises of tax cuts

Joe Lofaro
Metro | Ottawa



Liberal Leader Justin Trudeau speaks to a large crowd Monday inside the campaign headquarters of Chandra Arya, the Liberal candidate in Ottawa. JOE LOFARO/METRO

It might be a marathon election, but the top three party leaders are showing no signs of slowing down in the final week on the campaign trail.

Liberal leader Justin Trudeau drew a raucous crowd of about 300 supporters to Barrhaven on Thanksgiving Monday, a day when most people take the day to recover from their food coma.

That wasn't the case for the hundreds of people who lined the sidewalk to get inside campaign headquarters for Chandra Arya, the Liberal candidate in the hotly contested riding of Nepean.

The new riding will be one to watch after Tory incumbent Pierre Poilievre's name will not be on the ballot for the first time in more than a decade. He's running in nearby Carleton, leaving Nepean up for grabs for fresh faces.

The Liberals and Conservatives are neck-and-neck in the riding, according to a poll conducted for Postmedia released last week.

Trudeau's visit wasn't only a significant show of force; it could give Arya, a former high-tech executive, banker and engineer, a leg up in the close race.

"He's an incredibly strong part of a great Liberal team right across Ottawa, right across the country that are going to make real change happen," Trudeau said of Arya to a loud round of applause from the crowd.

His speech spoke to the middle class voter, with a promise to introduce a tax cut for the middle class and a child benefit if elected on Oct. 19.

"Unlike Stephen Harper's tax credits, you won't have to wait to get your money. You will see more money on your paycheque right away," said Trudeau.

Meanwhile, Conservative leader Stephen Harper took direct aim at Trudeau Monday in Waterloo, with a game-show style attack on tax credits he said the Liberal leader would eliminate.

"For some families, that could be a Liberal tax hike of up to $2,000 a year," said Harper.

"These are real benefits. Only the Conservative party in this election is committed to keeping these dollars where they belong — in the pockets of hard working Canadians."

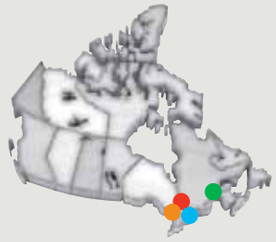
But Trudeau fired back at the Conservative leader, saying he wouldn't be clawing back any of the boutique tax credits for families that Harper was warning about.

"It highlights that we have a Prime Minister right now who is busy misleading Canadians with untruths," said Trudeau.

"I'm going to let my opponents continue to focus on me. I'm staying focused on Canadians."

WITH FILES FROM THE CANADIAN PRESS

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Toronto and London.
- **Justin Trudeau** will be in Toronto, Kitchener and Mannheim.
- **Tom Mulcair** will be in Oshawa, Toronto and Brampton.
- **Elizabeth May** will be in Nanaimo.

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Hundreds march in Turkey to condemn bomb attack

ISTANBUL

Nearly 100 protesters killed at rally on Saturday

Hundreds of people marched through Istanbul and the Turkish capital of Ankara on Monday to condemn the slaughter by suicide bombers at a weekend peace rally, with many venting their anger at the Turkish government itself.

Some demonstrators chanted: "The killer state will be held to account!"

Prime Minister Ahmet Davutoglu, however, rejected accusations by opponents that the government was to blame for the nearly simultaneous attacks Saturday, calling them "dangerous" and "dastardly."

He also denied that they were a result of Turkey's involvement in war in Syria and that the government was dragging the country into the Middle Eastern quagmire. The government believes two male suicide bombers killed at least 97 people and wounded hundreds at a rally Saturday in Ankara by opposition supporters and Kurdish activists.

Protesters in Istanbul stand by a barricade they set on fire during clashes with security forces Monday, following a protest against Saturday's Ankara attacks. CAGDAS ERDOGAN/THE ASSOCIATED PRESS

"These attacks won't turn Turkey into a Syria," Davutoglu said.

Government opponents have also accused President Recep Tayyip Erdogan of fomenting violence and ethnic tensions to gain votes for the ruling party in Turkey's Nov. 1 election — an accusation that the Turkish leader rejects.

In the last election in June, a Kurdish party gained support from voters, taking away the ruling party's majority in Parliament — and Erdogan wants that majority back.

Turkish investigators were close to identifying one of the two suicide bombers, the prime minister said Monday, adding that the Islamic State of Iraq and the Levant was the "No. 1 priority" of its investigation.

The rally Saturday was organized by Turkish and Kurdish activists to call for increased democracy and an end to the renewed fighting between Turkey's security forces and Kurdish rebels that has killed hundreds of soldiers, rebels and citizens since July.

THE ASSOCIATED PRESS

IN BRIEF

Trio arrested in Oregon sent back to California

Three transients accused of robbing and killing a Canadian backpacker and a yoga instructor with a stolen gun days apart have been sent back to California from Oregon, where they were arrested. Authorities say Sean Michael Angold, Morrison Haze Lampley and Lila Scott Alligood killed a 23-year-old backpacker in San Francisco's Golden Gate Park on Oct. 3 and then shot to death a 67-year-old tantra yoga teacher, whose body was on a trail north of the city.

THE ASSOCIATED PRESS

Mob kills village mayor

A mob killed a village mayor in western Guatemala in reprisal for an attack on a political rival that resulted in the death of two teenage girls, authorities said Monday.

Prosecutors' office spokeswoman Julia Barrera confirmed the death of 43-year-old Mayor Bacilio Juracan of Concepcion, a town about 180 kilometres west of Guatemala City.

THE ASSOCIATED PRESS

WIKILEAKS INVESTIGATION

Chelsea Manning sues FBI over access

Imprisoned national-security leaker Chelsea Manning is suing the Federal Bureau of Investigation over access to files compiled during the agency's inquiry into her release of classified documents to the WikiLeaks website.

Lawyers representing the Army private formerly known as Bradley Manning filed the lawsuit last week in the U.S. district court in Washington. The FBI denied Manning's 2014 request to release the records under the Freedom of Information Act, claiming they may be relevant to a pending or prospective law-enforcement proceeding.

Manning argues that her 2013 court martial should render that exemption moot, since any further prosecution of her in federal court would constitute double jeopardy, barred by the Constitution.

THE ASSOCIATED PRESS

ISRAEL

Amid stabbings, Prime Minister accuses Arab lawmakers of inciting violence

Palestinians carried out three stabbings Monday in Jerusalem, leaving a teenage Israeli boy in critical condition, and Prime Minister Benjamin Netanyahu angrily accused the country's Arab leaders of helping incite weeks of violence. Two of the attackers, both teenage boys, were killed.

In a fiery speech at parliament, Netanyahu accused Arab parties of "undermining" the country. He called on Israel's Arab citizens to "kick out the extremists among you."

Netanyahu spoke on another bloody day, the latest in a monthlong wave of Israeli-Palestinian violence.

In a new setback for efforts to restore calm, the Quartet of Mideast mediators — the U.S., the UN, the European Union and Russia — postponed a trip to the region.

Edgar Vasquez, a spokesman for the State Department's Bureau of Near East Affairs, said it was at the request of the Israeli government due to the circumstances.

Israeli police reported three separate stabbings across the city, including an assault by two attackers in the east Jerusalem area of Pisgat Zeev. Police said the pair seriously wounded a 20-year-old man before attacking a teenage boy on a bicycle.

The boy was critically wounded before police shot and killed one of the attackers, while the second was run over by a car. Abdel Nasser Manasra, a relative of Ahmed, 13, and Hassan, 15, said both were cousins. He did not know which had been killed.

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Promises affect finances

ELECTION 2015

Tax breaks, child care part of pledges on campaign trail

The three major parties have made promises that will affect Canadians' personal finances.

The Conservatives have focused on highly targeted tax breaks to select groups, especially homeowners and seniors, while the Liberals promise sweeping tax breaks for the middle class. The New Democratic Party wants to boost the minimum wage and provide more affordable daycare.

Here's some of the promises:

All federal parties are wooing the electorate with vows that their policies will help keep more disposable income in Canadians' pockets. THE CANADIAN PRESS FILE

Home ownership:

Conservatives: say they will increase the amount that first-time home buyers can withdraw from RRSPs from $25,000 to $35,000 and introduce a permanent home-renovation tax credit for up to 15 per cent of renovations.

Liberals: want to remove GST on new capital investments in affordable rental housing and expand the Home Buyers' Plan to allow Canadians hit by sudden life changes to use RRSP funds to buy a house without a tax penalty.

NDP: aim to build 10,000 affordable housing units.

Personal taxes:

Conservatives: say they'd maintain tax brackets.

Liberals: say they'd cut the tax rate to 20.5 per cent, from 22 per cent, for incomes between $44,700 and $89,401. Would introduce a new tax bracket of 33 per cent for those earning more than $200,000.

NDP: pledge not to raise personal income taxes.

Tax Free Savings Accounts:

Conservatives: would keep the $10,000 increased annual contribution limit announced in the 2015 federal budget.

Liberals: would roll back the TFSA limit to its pre-budget level of $5,500 a year.

NDP: would roll back the TFSA limit to $5,500 a year.

Child care:

Conservatives: raised the amount for a child under six to $160 a month and introduced $60 a month for children between six and 17 years.

Liberals: promise to combine social assistance into a monthly cheque for all families with children with incomes below $150,000.

NDP: say they would introduce $15-a-day national child-care program.

Minimum wage:

Conservatives: voted against an NDP motion in 2014 to raise the federal minimum wage to $15.

Liberals: voted in favour of an NDP motion in 2014 to raise the federal minimum wage.

NDP: would reinstate the federal minimum wage and raise it to $15 an hour.

TORSTAR NEWS SERVICE

IN BRIEF

Dell paying $67 billion for data-storage firm EMC

Dell is buying data-storage company EMC in a deal valued at approximately $67 billion US.

Shareholders of EMC Corp. will receive about $33.15 US per share. Michael Dell will serve as chairman and CEO of the combined business. Dell Inc.'s headquarters will stay in Round Rock, Texas.

THE ASSOCIATED PRESS

Five arrested in Air France union violence

French prosecutors say five people have been arrested in connection with an Air France union meeting brawl that left two executives shirtless.

During a meeting a week ago about fiercely contested job cuts at the money-losing airline, union activists assaulted the managers, including the airline's head of human resources, ripping off their shirts and prompting them to flee over a fence. The allegations of aggravated assault carry a maximum five years in prison.

THE ASSOCIATED PRESS

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A new experiment adds to the evidence that some anti-oxidants have cancer-promoting properties — showing again how hard it is to detoxify an entrenched idea from the public's mind.

the big number

44.8%

Was the voter turnout rate on First Nations reserves in Canada during the 2011 federal election — compared to a still lacklustre 61 per cent rate in the country at large. Activist Deanna Carpenter got involved organizing voter registration clinics in the riding of Kenora, Ont., which is home to 40 different indigenous groups, after she discovered many people who try to register to vote online with a rural, remote or on-reserve address get an error message. Carpenter worried the Fair Elections Act, with its stricter ID requirements, might make the low-turnout problem even worse for people who don't have a driver's licence and may need time to send away for other types of ID. Along with former NDP candidate Tania Cameron, she's part of a Rock the Vote campaign — based in Kenora, but capturing attention across the country — that aims to increase turnout in aboriginal communities by 20 per cent this time around. There's a long tradition of ambivalence and even resistance to voting in Inuit, First Nations and Métis communities, where many people identify primarily as citizens of their First Nation or have lost trust in a government system they feel has failed them. Until 1960, Canada's indigenous peoples were not even allowed to vote or become citizens unless they agreed to surrender certain rights — including the right to live with their community on a reserve. SOURCE: CBC

Daycare leads to a life of crime? Not so fast

Tara-Michelle Ziniuk
For Metro

Lock up your toddlers. New research will have you thinking that sending them to daycare will lead to a life of crime. At least in the case of low-cost universal daycare.

Last month, a report from the National Bureau of Economic Research made waves for linking youth crime rates with Quebec's daycare system. Currently, parents in Quebec can access daycare for $20 per day or less — the cheapest rates in the country. The study looked at all Quebec kids and compared them to kids in other provinces. The children from Quebec had academic success, but had a poor showing in non-cognitive areas such as health, emotional stability and, controversially, crime.

The link seems weak at best. As part of their federal election platform, the NDP is proposing making low-cost daycare available to families across the country, an idea that is being commended by child-care advocates and parents nationwide.

The report makes this provocative link between daycare and crime without explaining why it might exist, or making any suggestions for correcting it. Some point to the methodology as problematic: Only half of the Quebec children studied were even in the daycare program. Economist Stephen Gordon is quoted saying this makes sense as, "The families who made use of the daycare program were not randomly selected; they chose to participate."

Is this true, though? As a parent with a limited income, in Ontario, I, like many other parents in similar situations, took whichever daycare spot came through after being on waiting lists and waiting on a daycare subsidy. Not all spaces here are subsidized, and the ones that are aren't always at top-quality centres. Are parents who need low-cost daycare in Quebec in this position, too? Were the other half of Quebec families leaving their children with a stay-at-home parent or relative, private care, nannies? The study also fails to account for the reality that Quebec's system, though low-cost, isn't ideal. The province created a system it then didn't properly resource, then, in many cases, allowed for-profit private companies to take over care.

According to the Child-care Resource and Research Unit, for-profit daycare often lacks quality. "In order to find funds to ensure profits, profit-making operations are more likely to skimp on staffing, supplies, equipment and perhaps even food," the research institute wrote in a report.

We must consider that the research showing disappointing outcomes in Quebec could reflect the impact of the quality of care on crime rates, not the availability or cost of care.

Another report, from the Human Early Learning Partnership at the University of British Columbia, says studies maligning Quebec's daycare system contradict "nearly an entire generation of robust and consistent findings that demonstrate the positive effects of quality care on young children" and that "The 'findings' of increased aggression in children could just as easily be attributed to the children who were not enrolled in a child-care program."

If we give the benefit of the doubt to this latest study, then the take-away is that quality matters.

Tara-Michelle Ziniuk is a freelance writer and blogger for Today's Parent magazine.

YOUR RIDE

Even the Dutch have to iron out the kinks in a new fare system

Karen Quinn Fung

Last week, while Vancouver braced for the impact of TransLink's change to the fare structure to make all bus travel one zone, I was squinting at a fare ticket machine at Amsterdam's Centraal train station, wondering if I was looking at the future of the Compass Card — in the form of a freshly delivered "OV-chipkaart."

Like Compass, the OV-chipkaart is a contactless card system with two functions. It's an "e-cash" system for carrying a credit balance, deducted as you tap on and off of transit vehicles, and topped up with cash or automatically with a credit card. It can also function as a daily or monthly pass. Their card is integrated with all modes of Amsterdam's transit system, and can even be used with a public bike-share subscription, intercity rail services, and transit in towns and cities across The Netherlands.

Some have tried to paint TransLink's one-zone bus fare change, or the lack of bus to train transfers as intolerable idiosyncrasies that Metro Vancouver residents are uniquely cursed with, as a result of TransLink's incompetence.

The Netherlands' experience indicates this is plainly not true.

Originating in neighbouring city Rotterdam, the card system has been in use for more than 10 years. At one point, it shifted to an entirely different technology after security flaws were revealed in the original system. In 2009, as the system phased out punch card fares, it was reported that 50 per cent of OV-chipkaart machines were malfunctioning daily. To this day, automated messages play to remind locals and travellers alike to remember to tap-off to avoid unnecessary charges.

All complex technical projects are fraught with missteps and setbacks. The OV-chipkaart provider and all of Holland's transit agencies are private entities — so private models are no panacea for having to try, fail and overcome or reduce the impacts of those failures, or to learn from other cities and vendors how to avoid them in the first place.

This doesn't mean we should sit idly by and say nothing about the real challenges that come with shifting to the Compass Card. Non-English speakers will need special accommodation to switch from Faresavers.

Financial burdens will be imposed on those who have no choice but to pay fare with cash. TransLink will definitely need to have its best communication game on to keep frustration manageable. These real concerns need thoughtful responses. But let's keep the criticism constructive and in perspective for the system's growing pains. If nothing else, future potential integrations — BC Transit, BC Ferries, Treo? — will likely be a cakewalk in comparison.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

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Double shift for winger author

ON THE SAME PAGE

You can't take the Leaf out of Zach Hyman's Hockey Hero kids book

Melissa Dunne
For Metro Canada

Athletes aren't exactly known for their book smarts.

And hockey players, in particular, are often depicted in books, movies and the news as monosyllabic, black-eyed, gap-toothed goons.

Zachary Hyman slams those stereotypes up against the boards.

He's a hockey player in Toronto who isn't just hitting the ice with the pros this month — he's hitting the shelves with his second children's book Tuesday.

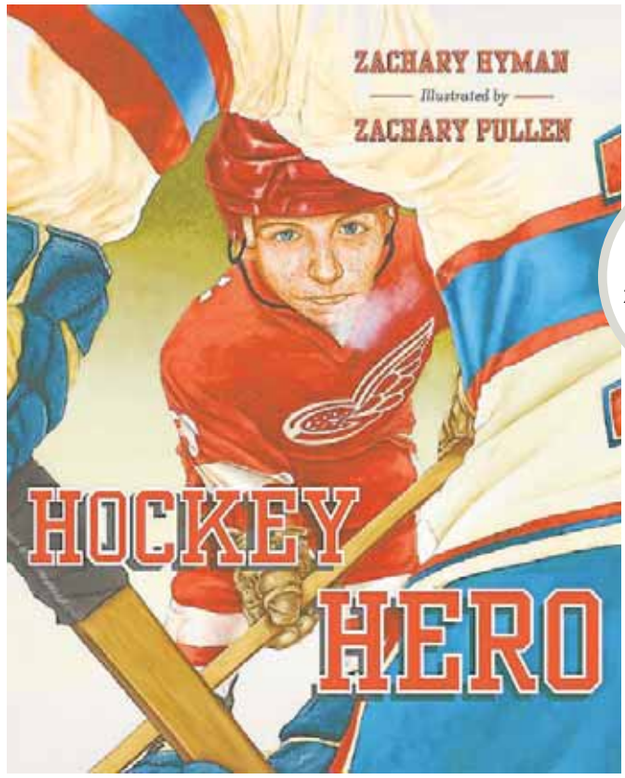
The 23-year-old was recently signed by the Toronto Maple Leafs, and he's also under contract to write two more books.

The athlete/author is confident he'll be able to stickhandle both writing and skating in the future. After all, he's found the pursuits of the body and the mind complement each other. He likes to write during his downtime as a way to relax and says the schedule of a hockey player can actually be helpful.

"In the off-season I have a lot of time on my hands," said Hyman by phone from Toronto earlier this month.

He's used that spare time off the ice very efficiently over the past few years. On top of writing his children's books, he recently earned an honours degree in history from the University of Michigan. While still a student at Michigan he published his debut book, The Bambino and Me.

His second effort, Hockey Hero, is once again illustrated by award-winning illustrator Zachary Pullen.



The book tells the tale of how Tommy Toomay, an eight-year-old with a stutter, eventually finds his "hockey chutzpah."

Hyman certainly has no shortage of chutzpah, going after his passions at full tilt all his life. His free time over the years has been filled with the books familiar to many young men of his generation, from the Harry Potter series to the Game of Thrones books to, yes, the Canadian classic The Hockey Sweater.

BRAINY BRAWN
On top of writing children's books, Leafs acquisition Zach Hyman recently earned an honours degree in history.

"I've always loved reading," said the millennial. "I also enjoy writing … it's an outlet."

While Hyman got sent down to the AHL's Marlies earlier this month, he's taking all the up and downs in stride (or should I say, glide).

Unlike some pro athletes Hyman clearly has brawn and brains. That's a combination that will surely continue to make him someone to be reckoned with on and off the ice.

> **I've always loved reading. I also enjoy writing … it's an outlet.**
> Pro hockey player and children's book author Zachary Hyman

WRITING FOR KIDS

Here are a few other athletes who've taken a swing at writing children's books over the years.

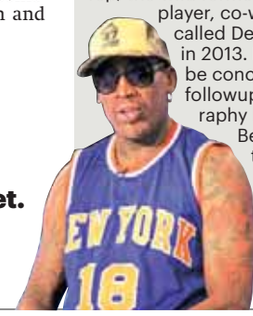
Derek Jeter

The retired New York Yankee now has his own publishing imprint and has already published two books aimed at middle-graders: The Contract and Hit & Miss. There are plans for many more books based on the shortstop's journey from gifted child to adult superstar.

R.A. Dickey

The Toronto Blue Jays pitcher published his anti-bullying picture book, Knuckleball Ned, last year. The famous ballplayer is also a famous bookworm, and says Ernest Hemingway's works helped him through a tough upbringing.

Dennis Rodman



Yep, the wild former Chicago Bulls player, co-wrote a kids book called Dennis the Wild Bull in 2013. Parents need not be concerned, this is not a followup to his autobiography Bad As I Wanna Be and apparently the brightly coloured kids book is dedicated to Rodman's real-life offspring. MELISSA DUNNE/FOR METRO

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NEW IMAGE COLLEGE

The book that lulls your kids to sleep

Carl-Johan Forssen Ehrlin is the author of The Rabbit Who Wants to Fall Asleep: A New Way of Getting Children to Sleep.
DREW GURIAN/INVISION/THE ASSOCIATED PRESS

BEDTIME STORY

Parents cotton on to Swedish author's yawn of a bunny tale

You may have heard of Roger. He's the little rabbit in a new bedtime book that can't go to sleep, *right now*.

In a month's time, which is lightning speed in publishing, Penguin Random House acquired and released new editions of The Rabbit Who Wants to Fall Asleep, an unusually paced and illustrated read-aloud that a Swedish life and management coach first self-published back home in 2011.

An English translation followed last year, but it wasn't until August that the book climbed atop Amazon best-seller lists around the world — in seven languages all together — after being embraced by parents.

So what sets apart the creation of Carl-Johan Forssen Ehrlin from the shelves and shelves of books already out there as sleepy-time books?

"I have no idea," the soft-spoken author smiled in a recent interview.

"One thing I noticed when I was comparing and researching my ideas, I saw there were bedtime stories that had more focus on playing and pillow fights and, 'Oh, I don't want to brush my teeth,' and then on the last page it was, 'Oh, now it's time for you to fall asleep'," he said. "So the change came so quickly. What I tried to do is from the first page guide the child to the goal, which is relaxation and falling asleep."

Another thing in the book's favour: thousands of parents and online commenters reported successes before Big Publishing ever came a knocking. A smaller number reported the book failed their kids and an even smaller number considered it a tad creepy, with its full page of instructions on how to emphasize certain phrases, inject yawns and insert the names of children into the story.

Critics aside, the techniques lovingly integrated and tested by Forssen Ehrlin on preschool groups over more than a decade of finishing the book and building his own buzz on Facebook and Twitter are on solid sleep-research ground, experts said.

"It's a really, really sweet book. I liked it," said Dr. Shalini Paruthi, director of the Pediatric Sleep and Research Center at St. Louis University.

At 20 to 30 minutes to read, she said, the book fosters a good wind-down span for kids and parents alike. The instructions to readers, she said, include the suggestion that children lie down while listening rather than look at the pictures. Bold text means a word or phrase should be emphasized, while italic text means a word or sentence should be read in a slow, calm voice.

The name of the star, Roger, can be read as "Raaah-gerr," with two yawns, the author suggests.

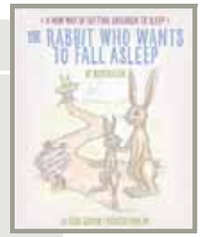
All of that is "good sleep hygiene" for kids, Paruthi said.

Forssen Ehrlin, who has a bachelor's degree in psychology and is a guest speaker in communications at a Swedish university, said he consulted psychologists and therapists before he published the book. He wasn't a father at the time but now has a two-year-old son who has listened to the audio version since before his birth.

"I can really understand those parents who have struggled for many hours each night and not getting the child to fall asleep," he said. "I have had those nights myself with my boy. I can understand why they appreciate the book."

THE ASSOCIATED PRESS

HIGHLIGHTS



Dr. Shalini Paruthi, a pediatric sleep expert says:

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To my wife: Don't read this

THE GAME SEQUEL

Neil Strauss' lube-soaked journey to monogamy

Falling asleep at an orgy party. Jumping into threesomes, foursomes and moresomes. Checking into rehab for sex addiction.

These are all real experiences author, journalist and ghostwriter Neil Strauss went through in his quest for true relationship happiness.

In his new book, The Truth: An Uncomfortable Book about Relationships, Strauss reflects on his life after the runaway success of The Game, a 2005 book about his experience penetrating the world of pickup artists. It brought him Godlike status among insecure males, sex galore and invites to celebrity parties. Then in the late 2000s he got his wake-up call — he got caught cheating on his girlfriend, a blond beauty named Ingrid whom he deeply loved.

He decided to shake up his lifestyle and commit to finding real happiness. He went to sex addiction rehab for a year. But they broke up, and he followed a different, lube-soaked path through non-monogamy.

Eventually, he found his way back, and he and Ingrid are married with a seven-month-old son. Here Strauss, now in his 40s, talks about his new book.

You have a disclaimer at the front of your book to your wife, Ingrid, saying, "Don't read this." Did she read it?
Yes.

What was her response?
Honestly, it was the best thing that ever happened to our relationship. There are no secrets and in a sense she feels much safer. "Oh, now that I know everything. I've got nothing really to worry about. That's the worst and I can handle that."

But I think both the idea of me wanting her not to read it at first — and you maybe needing elaboration on that — points to a bigger problem in relationships in that we're scared to show our true selves to someone. And if we don't, are you really having a relationship?

What were you trying to figure out through the whole process?
I just thought monogamy doesn't work, 50 per cent of all marriages end in divorce, most people no longer believe in marriage or think it works, so maybe it's time to design a new type of relationship that works better.

Unfortunately or fortunately, I learned over the course of the experience that the problem wasn't relationships, it was me.

What has this journey taught you about monogamy?
It's taught me that we have so many nonsense ideas in our culture that we cling to that keep us from living our lives — and that includes monogamy and non-monogamy. Ingrid and I, our relationship is to do whatever's right for three entities — me, her and the relationship, whatever that may be. (The labels) aren't useful.

There's a lot of talk in the book about sex addiction. Do you think you have a sex addiction? Do you think sex addiction is real?
The answer is I don't know, to both questions. I've definitely had psychological issues preventing me from intimacy. And I definitely think most of the people who I met who are identified as sex addicts, I think they were cheaters (laughs) and had underlying problems that prevented them from intimacy.

Did you consider leaving out any embarrassing parts — falling asleep at an orgy among them?
Never. Because I've done books with Mötley Crüe and Marilyn Manson, my ground rule for their books is you have to tell everything no matter how embarrassing it is, no matter how bad it makes you look. I had to hold myself to those same standards.

Since you finished writing, you became a dad. How has fatherhood changed you?
It definitely added more joy and happiness to my life. The other day I was putting my son to sleep for a nap and he was just in the crib laughing and smiling. And I just thought, "Wow, this level of sustained happiness I have now is so much greater than those quick, euphoric spikes." Having a family is actually joyful. It made me realize the thing I was most scared of was the thing I should have been doing the whole time.

TORSTAR NEWS SERVICE

> **I just thought monogamy doesn't work, 50 per cent of all marriages end in divorce, most people no longer believe in marriage or think it works...**
> Neil Strauss

Neil Strauss says fatherhood has brought a sustained level of happiness incomparable to the quick highs of his past life. CONTRIBUTED

FRIDAY'S ANSWERS

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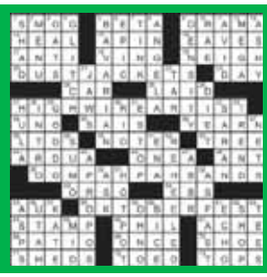

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Don't loan cash to spendthrift siblings

FAMILY MATTERS

Gifts are OK, but lending will lead to resentment

Gail Vaz-Oxlade
For Metro Canada

I've noticed a phenomenon of late where the young'uns in a family who have heeded good advice are hit upon by the young'uns in a family who have not.

Having done without, made hard choices, and built up a solid financial foundation, some siblings find their less-well-off brothers and sisters become angry when they won't cough up some dough.

"C'mon," the broke siblings say, whining like seven-year-olds. "You went on vacation, you have a nice home. I have nothing. Why won't you lend me a couple hundred?"

If you've been the good kid, it seems you have two options:

1. Fork over the dough and grow silently resentful, or;

2. Refuse your sibling's pleas and be labelled selfish.

Things are even worse if you have a parent who believes that "blood is thicker than water," and that you should do whatever you can to help your poor, unfortunate sister or brother. Hey, you've been lucky — never mind that luck looked more like sweat to you.

If you've been a saver, if you've worked hard and done the things needed to build a good life while your sister or brother partied and shopped and played hooky, there may come a point where your sibling feels dumb for having wasted so much money on coffee and concert tickets.

But it may turn out that they are angry with you for what they do not have.

I'm sorry, but grasshoppers are like that. What to do, what to do?

You could offer to share your skills at money management. You could gift (if you can afford it and it doesn't mess with your plans) some money to help a sister out, as long as sister follows the new rules. You could help baby bro look at what he wants long-term and then make a plan for getting from here to there. What you're not going to do — ever — is lend your sib money.

You are definitely not going to feel guilty for what you have when your silly sister or bothersome brother tries to pull your emotional strings to get what they want.

Helping a sibling in financial trouble can be tricky, says Gail Vaz-Oxlade. ISTOCK

A gift you can afford to give is fine. Lending money will only lead to further anger and resentment. And you are definitely not going to feel guilty for what you have when your silly sister or bothersome brother tries to pull your emotional strings to get what they want.

Instead, you'll to offer to teach them how to take control of their money and their lives. You're going to help them put systems — like a spending journal and a budget — in place. You're going to teach them to fish.

Don't be surprised when you get some push-back. People don't like to face up to the messes they've created.

I saw that when I showed couples on TV what would happen if they continued their financial misbehaviour for five more years: More debt and more misery.

Your sib may need this kind of reality check to see how current behaviours will play out in the future.

Clearly, they're not thinking about how what they do today will affect their tomorrows. So you'll have to show them.

Sometimes your lessons will stick. Sometimes not. But keep trying.

For more money advice, visit Gail's website at gailvazoxlade.com.

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Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Tim Hortons

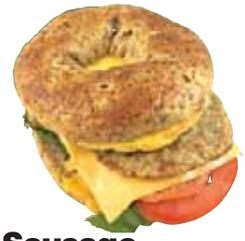
It's said that breakfast is the most important meal of the day, and judging by the morning lineups at coffee shops and fast food joints, Canadians sure love their a.m. food fix. With the morning rush, most people are looking for a tasty and filling breakfast. Beware of those that may be disguised as healthy but are loaded with calories, fat and sodium. A steady diet of these meals can raise the risk of stroke and cardiovascular disease.

PICK THIS

English muffin, egg and cheese

Ingredients
English muffin, egg and cheese
Calories 270
Fat 10 g
Saturated fats 5 g
Sodium 610 mg

SKIP THIS



Sausage bagel BELT

Ingredients
Twelve grain bagel, sausage patty, egg patty, processed cheese, lettuce and tomato

Calories 580
Fat 26 g
Saturated fats 10 g
Sodium 1160 mg

HERE'S WHY

The fat equivalent of 26 Honey Dip Timbits

The Sausage Bagel BELT may be served on a twelve grain bagel, which does increase the fibre, but the bagel alone has 350 calories, 9 g of fat and 530 mg of sodium! An English muffin only has 120 calories, 1 gm of fat and 200 mg of sodium. The sausage also adds excess calories, fat and sodium. Think of this bagel breakfast being equivalent to 26 Honey Dip Timbits in fat. That's almost half your daily intake of fat before noon!

Tangy tea's alcohol level causes clash

REGULATIONS

Kombucha dealers push back against fines in U.S.

Kombucha, a fermented tea, can contain 0.5 per cent alcohol, landing it in the sights of the U.S. authorities. ISTOCK

A tangy fermented tea called kombucha has moved from the natural foods aisle to the mainstream. But it's also moved into the hot seat amid renewed concerns that it can contain low levels of alcohol.

Five years after alcohol levels detected in kombucha prompted nationwide recalls, U.S. federal authorities again are warning producers to relabel their products to indicate alcohol content or face fines. But this time around dozens of producers are resisting, and have asked for new federal tests to help them avoid running afoul of alcohol laws.

Kombucha is a tea that has been fermented with bacteria and yeast, giving it a tart, vinegar-like zip and high levels of bacteria that some consider to impart health benefits.

Its popularity in recent years has landed kombucha in the sights of the U.S. Alcohol and Tobacco Tax and Trade Bureau. That's because the fermentation process can give the drink too much alcohol for it to be legally sold as a non-alcoholic beverage.

Kombucha makers complain that the alcohol threshold that triggers the law — 0.5 per cent — is too low to intoxicate people.

Kombucha tea naturally walks the line of what federal authorities consider an alcoholic beverage. Yeast and sugars in the tea create both the desired bacteria and alcohol. A kombucha tea can edge toward 1 per cent alcohol if it is aged and not refrigerated.

Kombucha brewers say the agency needs a new alcohol test specific to fermented drinks. They say the commonly used test to determine alcohol by volume doesn't account for naturally occurring sediment in kombucha, from bits of tea leaves to strands of yeast. THE ASSOCIATED PRESS

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What's in processed foods and why

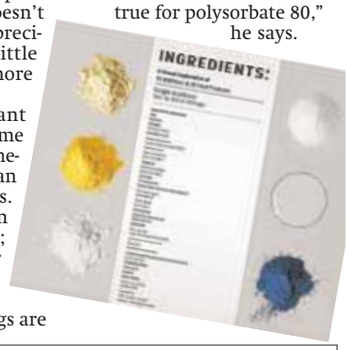
INGREDIENTS

New book takes objective look at 75 food additives

Eva Kis
Metro | New York

There's a lot of finger-pointing going on in the food world about the role of what we eat — specifically processed food — in modern problems from metabolic disease to depression. Steve Ettlinger doesn't take sides, but he'd appreciate it if there were a little less noise and a little more science.

"I think it's important not to freak out — as some bloggers have — that something in food also has an industrial use," he says. "It's important to turn down the chemophobia; and yet on the other hand, it's healthy to be fascinated by the fact that some of these things are made in chemical plants."



Ecological detective

His new book, Ingredients, highlights 75 of the most common additives (there are thousands) with periodic table-like photographs by Dwight Eschliman to explain how they were invented, where they're made and what they do. Ettlinger describes the writing process as having to become the "determined ecological detective" of The Omnivore's Dilemma to tell the stories of these ingredients on a high school science level. "Just as there's a terroir for Beaujolais, I wanted to see if the same was true for polysorbate 80," he says.

Steve Ettlinger's book Ingredients strips away the hype and pseudo-science of food additives. DWIGHT ESCHLIMAN

What Ingredients doesn't do is take sides on whether an additive is healthy or not. "An observational perspective can help educate people without conclusions and emotions," explains Eschliman.

SNACKS DECONSTRUCTED
The book also breaks down 25 common foods, like Doritos chips, into their individual ingredients.

Without the baggage of hysteria, what's left is admiration for the ingenuity of additives — and surprise at how the "natural" and "artificial" worlds can blur. Many additives are derived from sources like kelp, while products once thought of as waste now have rock star status, like whey.

Additives also evolve — partially hydrogenated vegetable oil no longer contains trans fats — while lab-made ingredients could be doing the heavy lifting that would be much more expensive, and possibly more harmful, than their natural alternatives, like artificial sweeteners versus sugar.

'Chemophobia'

Though the book acknowledges that "everyone should know to eat mostly fruit, vegetables and whole grains," that doesn't justify knee-jerk "chemophobia" just because an ingredient sounds "chemical-y." Take, for example, dihydrogen monoxide. Sounds sinister, doesn't it? As Ingredients points out, it's in everything from paint to acid rain. It's even fatal in large enough doses, and inhaling it can kill you, too. Yet, none of us would be alive if it weren't for good old water.

The forces that decide what foods end up on shelves are both scientific and political, with a patchwork of agencies trying to keep up with the pace of innovation. If Ingredients has one call to action, it's this: Being an educated consumer is the healthiest choice you can make.

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Manny Pacquiao says his surgically repaired shoulder is 80-90 per cent healed and he expects to return to the ring in March

MLB IN BRIEF

Astros error breathes life back into Royals' season

Astros shortstop Carlos Correa couldn't handle a deflected grounder that might have been a double-play ball, helping the Kansas City Royals rally for five runs in the eighth inning to beat Houston 9-6 Monday and force their playoff series to a decisive Game 5.

Correa homered twice, doubled, singled and drove in four runs in Game 4 of the AL Division Series. Houston took a 6-2 lead into the eighth, but a tough error charged to the 21-year-old rookie keyed the Royals' comeback to even the matchup at two games apiece.

Game 5 will be back in Kansas City on Wednesday night. THE ASSOCIATED PRESS

Cubs hit six homers to lead Cardinals 2-1 in NLDS

Kris Bryant and Jorge Soler each hit two-run drives and the Chicago Cubs connected for a post-season franchise-record six homers in an 8-6 victory over the St. Louis Cardinals in Game 3 of the NL Division Series on Monday.

Kyle Schwarber, Anthony Rizzo, Starlin Castro and Dexter Fowler also homered, powering Jake Arrieta to another win despite a rare off night for the bearded ace. A third straight win for Chicago on Tuesday afternoon, and the once woebegone franchise will advance to the NLCS for the first time in 12 years. THE ASSOCIATED PRESS

Jays withstand Texas heat

MLB PLAYOFFS

Toronto staves off elimination again to force Game 5 at home

After twice being on the brink of playoff extinction, the Blue Jays are now one win away from the American League Championship Series.

Backed by early Josh Donaldson, Chris Colabello and Kevin Pillar home runs, R.A. Dickey and David Price combined for 7-2/3 innings as Toronto defeated the Texas Rangers 8-4 to tie their AL Division Series at two games apiece.

The deciding Game 5 goes Wednesday at the Rogers Centre, with hope of a happy ending for Toronto's first foray into the playoffs in 22 years. The home team has yet to win in the series.

Price relieved Dickey with two outs in the fifth and the Jays leading 7-1, meaning Marcus Stroman will likely start Wednesday in what could be a rematch of Game 2 against Cole Hamels.

Price threw 50 pitches over three innings, giving up three runs on six hits with two strikeouts. Aaron Sanchez and Roberto Osuna finished it off for the Jays.

"Sometimes the best way to win games is to not let teams back into it," said Toronto manager John Gibbons when asked why he turned to Price out of the bullpen. "I told Price if we get you up (in the bullpen) you're going in."

Blue Jays designated hitter Edwin Encarnacion scores under Rangers catcher Robinson Chirinos on Monday in Arlington, Texas. TONY GUTIERREZ/THE ASSOCIATED PRESS

"(Brett) Cecil down, (Aaron) Loup out today, it was hard for me to do, but I thought that was the best way to win the game."

Toronto outhit Texas 12-11.

It was Price's first relief outing in five years. He made five playoff relief appearances in 2008 with Tampa Bay.

The six-foot-six left-hander, the losing pitcher in Game 1, is now 2-6 all-time in the postseason. The two wins are both as a reliever and the six losses all as a starter.

After losing the first two games 5-3 and 6-4 in 14 innings in Toronto, the Jays had taken one step out of the hole they had dug themselves when they

ALDS Game 4

8	4

defeated Texas 5-1 Sunday on the strength of Troy Tulowitzki's three-run homer.

On Monday, they smacked the Rangers about from the get-go. Texas' ever present Never-EverQuit Twitter hashtag suddenly was the Jays' domain.

Toronto led 3-0 before Dickey set foot on the mound. It was 4-0 after two innings and 7-1 after three. Things settled down after that.

The Jays, who managed three home runs in the first three games, matched that total in two innings Monday for a franchise playoff record. It marked the first time the Blue Jays have hit three homers in a post-season game. The team had nine two-homer games.

Rangers third baseman Adrian Beltre returned to the lineup after leaving Game 1 with a lower back strain and had a pair of hits. THE CANADIAN PRESS

APOLOGY

Reynolds said he meant no harm with comment

Television broadcaster Harold Reynolds apologized on Monday and said that he didn't mean to upset Canadians with a comment he made during Game 3 of the series.

After a foul ball by Blue Jays outfielder Jose Bautista in the fourth inning of Sunday's 5-1 win, the FOX commentator said "there's not a lot of people that grew up playing baseball in Canada, they're not used to catching a lot of balls in the stands ... not many people catching that one, anyway."

Harold Reynolds GETTY IMAGES

"Sorry Canada, whole country, if I offended you for that," Reynolds said Monday in an interview on Sportsnet during the pre-game show in Canada. "I'm well aware of the baseball players that have come out of there."

He added he was unaware of the controversy until former National League MVP Larry Walker of Maple Ridge, B.C., called him Monday morning. THE CANADIAN PRESS

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SHOOTOUT VICTORY CANUCKS TOP ANAHEIM Vancouver Canucks' Daniel Sedin, centre left, tries to score against Anaheim Ducks goalie Frederik Andersen Monday in Anaheim. Vancouver won 2-1 in a shootout. THE ASSOCIATED PRESS/JAE C. HONG

NHL IN BRIEF

Stamkos hits 500 as Tampa Bay easily defeats Bruins

Steven Stamkos scored his 500th career point with a tie-breaking power-play goal that sent the Tampa Bay Lightning to a 6-3 win over the Bruins on Monday.

Brian Boyle scored two goals, and Ondrej Palat, Jonathan Drouin and Valtteri Filppula added goals for the Lightning. Ben Bishop stopped 27 shots. It was Tampa Bay's first win in Boston since March 25, 2010. THE ASSOCIATED PRESS

Rookie Eichel helps Bylsma win his first as Sabres coach

Rookie star Jack Eichel scored a nifty unassisted goal and Buffalo beat the Columbus Blue Jackets 4-2 on Monday to give coach Dan Bylsma his first victory with the Sabres.

The former Boston University star, picked No. 2 overall in the June draft, Eichel ripped a shot over goalie Sergei Bobrovsky to give Buffalo a 3-1 lead in the third period. Rasmus Ristolainen, Ryan O'Reilly and Matt Moulson all had power-play goals for Buffalo. THE ASSOCIATED PRESS

Flyers tame Panthers thanks to Neuvirth's brilliance

Michael Neuvirth stopped 31 shots for his first shutout in more than 3 and a half years, leading the Philadelphia Flyers to a 1-0 victory over the Florida Panthers on Monday night.

Brayden Schenn scored to help the Flyers win for the first time in three games this season. Neuvirth replaced Steve Mason after Florida scored four goals in a 7-1 win Saturday. THE ASSOCIATED PRESS

Tavares inspires Islanders' win over Jets at new home

John Tavares had a power-play goal and added two assists, Thomas Greiss made 22 saves and the Islanders beat the Winnipeg Jets 4-2 for their first win of the season and the first in their new Brooklyn home.

The Islanders came out with purpose after losing their opening two games of the season to the defending champion Blackhawks, one in overtime at home and the other in regulation in Chicago. THE ASSOCIATED PRESS

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RECIPE Roasted Pork Tenderloin with Sweet Potatoes and Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't bother telling people how easy this is to make!. **Serves 4**
Prep time: 50 minutes

Ingredients

- 3 Tbsp Dijon mustard
- 3 Tbsp maple syrup
- 2 Tbsp apple cider vinegar
- 1 large apple, peeled, cored and chopped into 1/2 inch wedges (use a firm apple like Gala or Honey Crisp)
- 2 tsp thyme, finely chopped
- 1 smallish sweet potato, peeled and chopped into 1/2-inch discs
- 1 onion, peeled and sliced into 1/4 inch rounds
- 1.25 – 1.5 kg pork loin
- Salt and pepper

Directions

1. Preheat the oven to 425 degrees. In a small bowl, mix 1 Tbsp Dijon, 1 Tbsp maple syrup, 1 Tbsp vinegar.

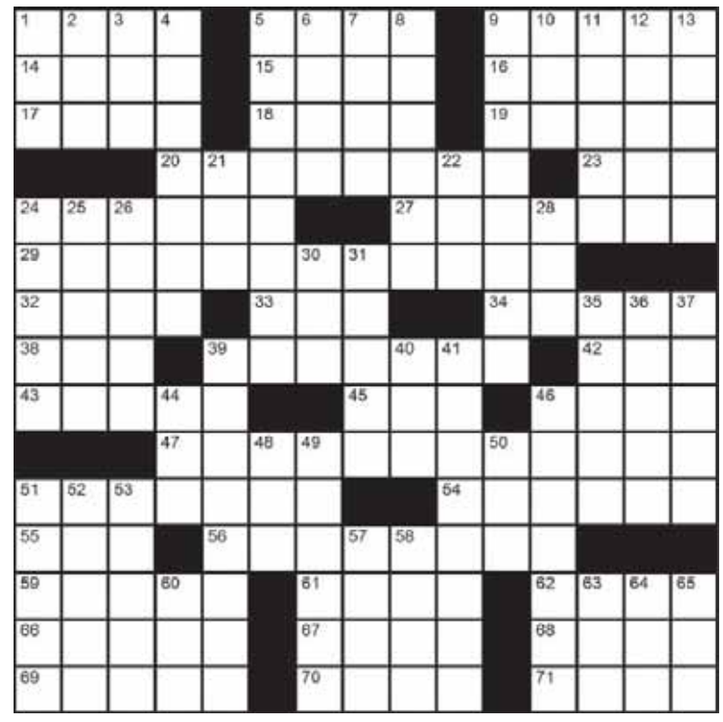
2. Assemble apples and vegetables in two rows in a roasting pan, alternating onion, sweet potato and apple. Brush marinade over everything. Roast 25 minutes.

3. Mix the rest of the Dijon, syrup, vinegar and thyme. Season pork with salt and pepper then brush marinade all over. Take roasting pan out of oven and place loin in between the two rows of fruit and veg. It's fine if they overlap. Place back in oven 20 to 25 minutes. The internal temperature of pork should be between 140 and 145 degrees.

4. Take everything out and cover with foil and let meat rest about 10 minutes before serving.

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Winnipeg hockey players
5. WWI fighter plane
9. Shocked reactions
14. Buffalo's lake
15. British band, _ Shaker
16. Enjoy the meal: 2 wds.
17. Hay bundle
18. Mr. Roddick of tennis
19. "Ta-da!"
20. Ink-and-needle artist
23. Questionnaire query
24. Peter of "The Lion in Winter" (1968)
27. Spotted
29. First Nations celebrity chef: 2 wds.
32. Story told backwards?
33. "It's _ _ brainer!"
34. "No More _" by Mary J. Blige
38. Little 'little'
39. Puzzle
42. The White Stripes drummer
43. Western prop
45. Fitness system, _ Bo
46. Plant that's been on the Earth for millions and millions of years
47. Touchdown-getter's celebratory display: 3 wds.
51. Prehistoric supercontinent
54. Namesakes of TV personality Ms. Fuentes
55. Toronto museum [acronym]
56. Can be torn, as paper
59. _ boom
61. Mountain lion
62. Canadian basketball great Steve
66. Pledge of faithfulness, in times of yore
67. Mr. Clapton
68. "Farewell!"
69. Flip
70. Computer's resting spot
71. Thus

DOWN

1. 2016 US Presidential candidate, _!
2. Pitcher's stat.
3. Blue Rodeo's "'_ I Am Myself Again"
4. Make sure the task gets done: 3 wds.
5. Rideau Canal _ (Wintertime attraction in Ottawa)
6. Type of football kick
7. Montreal-headquartered footwear retailer
8. Saturday or Sunday, to business week workers: 2 wds.
9. Prepare: 2 wds.
10. "Fan-tast-ic!"
11. Montreal _ Spice (Type of seasoning)
12. Cleanse
13. Velocity
21. Municipal council member, e.g.
22. Furniture wood
24. Entertainment journalist Nancy
25. Ms. Shire of "Rocky" (1976)
26. Long circles
28. Train co. headquartered in Montreal
30. Pluralled switch position
31. 6/49 or Max
35. Last words in prayers
36. 2008 hit song for Duffy
37. Choreographer Ms. de Mille
39. The Queen's system
40. 'Paris' suffix
41. Market research information
44. Section, for short
46. Tin-glazed earthenware
48. Agnus _ (Lamb of God)
49. Handled a laser
50. NBA's Mavericks, on scoreboards
51. Histories
52. Shopping venue of ancient Greece
53. Taboos
57. Genuine
58. Quebec 'friends'
60. "_ So Easy!" by The Crickets
63. Oxygen
64. Droop
65. "Yoo-_!"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The more you try to force events in one direction the more they seem to move in the opposite. Today's new moon in your opposite sign is an invitation to go with the flow. It won't be so bad.

Taurus April 21 - May 21
There is a strong possibility that partners, friends and even work colleagues will be opposed to what you want to do today. Being the stubborn Taurus you are that will only make you more determined to do it.

Gemini May 22 - June 21
You will one day be glad that you were forced to make certain changes, and if you stop struggling and work with them today you will benefit financially and professionally.

Cancer June 22 - July 23
Keep doing what you are doing and keep believing that your input makes a difference. Remember though that a job well done is a job you should also be paid for.

Leo July 24 - Aug. 23
Make this the day you throw out all the emotional junk you have acquired over the past six months or so. If a relationship has become too stifling now is a good time to start putting some distance between you.

Virgo Aug. 24 - Sept. 23
Pace yourself sensibly and make sure you are flexible so you can deal with whatever fate chooses to throw your way. What occurs is likely to catch everyone by surprise, but you will recover faster than most.

Libra Sept. 24 - Oct. 23
Don't give up on something just because it is proving difficult. Today's new moon in your sign indicates that if you stick it out a little longer you will get the breakthrough you have been hoping for.

Scorpio Oct. 24 - Nov. 22
Don't take it to heart if certain people seem to be avoiding you. It does not mean they no longer like you. The most likely reason is that they don't want to burden you with their woes.

Sagittarius Nov. 23 - Dec. 21
What happens over the next 24 hours will take most people by surprise, but not you. You have sensed for quite some time that a big change was coming, so you will be ready for it. Help those who take it hard.

Capricorn Dec. 22 - Jan. 20
You have no time for trivial ambitions and still less time for trivial people and what happens today and tomorrow will make it clear to everyone that you are a serious player.

Aquarius Jan. 21 - Feb. 19
Yesterday's Sun-Uranus link broke up something that once seemed so solid and stable and today's new moon will show you what is going to replace it. Chances are you will be delighted with this new state of affairs.

Pisces Feb. 20 - March 20
What happens over the next few days may be unsettling but if you keep your wits about you there is no reason why you should not profit from the situation. Use your Pisces sensitivity.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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